

Cider Frolic Race Instructions 2019

Bonjour and welcome to The Cider Frolic, 12 hour event race thing in sunny...maybe, Dorset. So here is a farm type relay and 12 hour solo event (we won't use the word race we know you aren't fooled!)

The family that own the farm the Meadens who also own Cranborne Chase Cider brewery, so we just had to put on a race right?

Race timetable

Friday 26th July

15.00 Campsite opens,

Food from later in the day 6 ish

Admin & Shop open 1600 – 1900

Saturday 27th July

06.30 admin opens for number collection and Breakfast starts

7.50 Race Brief

08.00 Race starts

08.01 Admin staff go and have a coffee and a chat perhaps play some Candy Crush

12.00 Lunch starts

15.30 Admin staff come out of beer tent make sure everything is ok

19.59 last chance to get in an extra lap 20.00 No new runners on the course after 20.00 hrs.....a bit later last runners come in.....pretty easy really

21.30 We then try and work out who won & do prize giving

Getting there

Use this address in satnavs.

Myncen Farm, 83 Myncington, Blandford Forum, DT11 8DH

DIRECTIONS

From Blandford Forum

Leave Blandford on the A354 heading towards Salisbury. After about 3 miles you will pass through the small village of Tarrant Hinton. About a mile further on, you will pass a turning on the left signed Chettle & beyond, at the brow of the hill, instead of turning down to Larmer (wrong way) carry on until you see a big pub called the Cashmore Inn and massive sign with the word CIDER on it and the WSR signs

Take the next left...LEFT LEFT LEFT.

Follow the WSR signage Do not turn off the lane you are on & follow the WSR signs

From Bournemouth

Leave Bournemouth on the A338 towards Ringwood.

At the large roundabout (junction with A31) take the 2nd exit towards Three Legged Cross.

Stay on this road for about 6 miles, through Three Legged Cross & through Horton until you reach the junction with the B3078.

Cross over the B3078 by turning left & immediately right outside the Horton Inn & continue for a further 3 miles. You will reach a junction with the A354. turn right, instead of turning down to Larmer (wrong way) carry on until you see a big pub called the Cashmore Inn and massive sign with the word CIDER on it and the WSR signs Follow the WSR signage left at this bit.

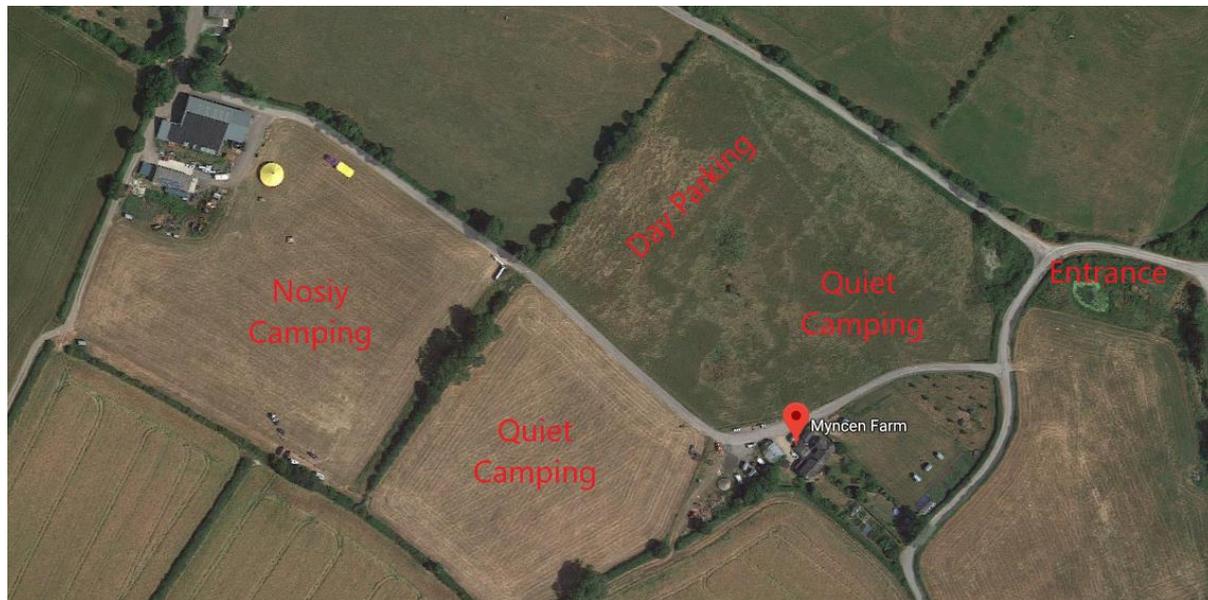
From Salisbury

Leave Salisbury on the A354 heading towards Blandford Forum.

After a few miles you will see a big pub called the Cashmore Inn and massive sign with the word CIDER on it and the WSR signs turn right just before the Pub. **Follow the WSR signage**
Day parkers follow the signs

Please don't park on the roads as they are in constant use and you don't want your car clipped by a tractor.

A site plan to help you orientate yourself



Day Parking Follow the signs to the parking field

Camping/ Accommodation

There are plenty of hotels in the area and the site www.visit-dorset.com will help you select a nice one.

Camping in our Athletes village is available. The campsite is huge as in VAST right in the centre of the race, a one minute walk from the start/finish and registration. We have 3 fields this year to choose from so plenty of space to spread out in and you can drive your car onto the field. Follow the signs to enter.

Portalavs will be onsite, please bring toilet roll with you. There will be drinking water supply.

If you haven't booked your pitch already you can do so here until Wednesday evening
<https://www.fullonsport.com/event/wsr-camping-weekend-2019/profile>

If the weather continues with it's hot spell we would ask that there are No open fires or Coal BBQ's on the ground.

We cannot guarantee the security of valuables, please lock them in your car out of sight.

Race instructions

Here's the general idea. Cider Frolic 12 route is 6-ish kms in length. So here's the thing the race starts at 8.00 am sharp

Solos do as many laps as you want. So if you want a marathon distance you start at 8 and do 7 laps follow the signs easy peezy, half is 3 laps and so on

Teams only one of you runs at a time then you swap as and when you feel like it in the "**Piggy change over area**" where you hand over your baton (squeaky pig).

Got it? Keep this up for 12 hours or not, do what you like

There's no pressure, do as many laps as you want there's prizes for the most laps, this is all about distance covered in 12 hours and if it's a tie on distance it's all about time so if you do 10 laps and you finish 2 minutes ahead of your opponent who is also on 10 laps you win, got it..I hope so....there's a quiz at the end.

Solos you must complete one lap to get the bling. You must do 7 laps to get marathon distance....marathon with a 12 hour cut off how good is that

Teams here's the rules. So pairs must do at least 2 laps before finishing, threes must do 3 laps and fours must do 4 laps. One each got it?

Got it? No exception if you don't complete the minimum number of laps you don't get no bling or and you don't get no scores. You must pass on your squeaky rubber pig in the team races and it must be carried at all times whilst running.

Headtorch if your going out on a lap after 7pm you will need to take a headtorch out with you.

Please note there are some parts of the route that have wild flowers seeded on them please don't run on those bits ok

Prizes So if you or your team are good, fast or everyone else is too busy sunbathing and chatting you could win stuff

Solos 1-3 Ladies and gents

First team of two, First Team of Three And first team of four We won't be breaking it down into male and female and mixed teams

Route

The race takes place all on private land within the Farm, mostly dusty tracks, fields, crops, & grass. There are some wild flowers and crops so please take care in these fields with your footing.

Aid/water stations

The **aid/water stations** approx. 2.5 miles apart, Love Station™ and 1 other Water Station at start/finish.

SATURDAY will be a CUPLESS RACE, this means there will be no cups at any aid station.

Meaning you need to bring your own drinking vessels, it can be whatever you like... cup, bottle, mug, kids sippy cup, punch bowl, literally whatever your comfortable bringing, to run round with or leave at Love Station or Water station at the finish/lap changeover.

If you're thinking of leaving it just make sure it's recognisable for you to get when you lap round & to help our top team find them efficiently. If you don't yet have a re-useable cup we sell several designs in the shop and you can order to collect at the event

<https://whitestarclothing.co.uk/search?q=cup&type=product#>

Race Numbers

Can be collected from admin when open.

CHIP INSTRUCTIONS Built into the number is your timing chip, put it on and go. Do not go near the finish line again once you have crossed at the finish, or you will get a false reading and this will make us unhappy. Please make sure you wear your race number correctly so it can be picked up.

WARNING keep away from the timing mats when not running please, as it will bugger up the results

The race will be videoed to watch you cross the line if we miss the chip registering. If you lose your chip tell a marshal and they will radio timing admin and tell us your number. Please make a face for the camera; we can then blackmail you with the footage

How to correctly wear your race number

All runners must wear their race number on the front of their race shirt for the duration of the whole run, held on safely by safety pins or bib clips.

Wear your number and be seen. We need to make sure everyone running is part of our organised run, looked after at all times and covered by our insurance.

Please do not wear your number folded up, on shorts, on your back or sides and do not place pins through the chip. If you are wearing a jacket or jumper on over the top of your run number please remove before crossing the finish line to ensure the timing mats record your result.

If not worn correctly then your result from the timing chip may not be recorded. This is your responsibility.

For your safety please ensure that the back of your race number is filled in with all correct information. Help us to help you. We have had to use this in the past and to ensure you get the help required as quickly as possible please always fill it in.

The do not list...

- Do not wear folded up...
- ...on your back or bag
- ...on shorts or side
- ...place pins through chip
- ...cover your bib

Safety On the back of your number write an ICE number, In Case of Emergency & any medical details. This will help us and you. If you are struck by lightning or flake out with exhaustion, we need to get you help as quickly as possible. We recommend that you carry a fully charged mobile phone for emergency use with race HQ emergency number stored. This number is **07930335746** If you need to drop out of the race at anytime we will try and get you as quickly as possible. The good thing is, the race is very centralised and you are never far from an access road or from the finish. We will have 4X4 vehicles and ambulances on standby to come and get you if need be. If you do drop out please, please return you number to admin. We then know that you are safe and we do not have to send out search parties. If you drop out at a marshal point, aid or waterstation give your number to the lead marshal.

Race stuff There will be a **drop box tent** at the changeover point this is mainly for solo runners

Teams and families make yourself at home on the grass bring flags and popup gazebos and banners etc

Shoes trail or road dunno both are good.

Dressing up, please do we need a laugh Farm Yard & Disco themed plenty of choice perhaps combine all of it....

Children Any kids left to their own devices will be returned to mummy and daddy after we pull them from the race. Got it. We are not a crèche.

Bar will be open all day at the changeover point and we will have inspirational music playing all day hahahaha.

Dogs Please look after your dogs. **That means control them**, do not let them near any farm animals at any time. We don't want you to get in trouble and your dog or livestock hurt or distressed.

Baggage Please give us car keys, it's easier. Presentation of your number will get your keys back, we will only give the person wearing the number their keys.

Toilets There will be portalavs please bring your own loo roll. They will be cleaned out mid-morning on Saturday.

GATES Most of the gates will be open, if it's shut, it's shut for a reason, please shut it behind you, don't leave it open for someone behind you. The last thing we want is an animal escaping.

Litter We run in areas of outstanding natural beauty. We do not tolerate littering. We run our races with consent of the farmers and landowners of Dorset and Wiltshire Please please don't throw your litter on the ground pop it in a pocket or hang on to it and deposit at an aid station. Anyone caught littering will be disqualified.

Weather The race is in the countryside in July and as we have seen in the past couple of years the British summertime can vary from beautiful warm to belting down with rain. So please take into consideration the previous days weather when considering what to wear on your feet. Trail shoes are recommended. If it's blowing a gale and belting down with rain wear appropriate clothing. We won't be cancelling or changing the race if it's inclement weather.

Ipods and MP3 players The perennial question about these devices...is, are they allowed? Yes. We won't drag you out of the race for wearing one, but we advise against it. "WHY? I love my Black Lace Xmas album 1981 album; I can't run without it" Safety is the only reason we don't encourage you to wear them. The roads, as we said are quiet country lanes, but there are cars, trucks, tractors and even the odd milk tanker out there and you need to hear them and any instructions from marshals and warnings.

Food

Your lucky enough to have lots of choice on site for the weekend:

White Star Catering will be on site again providing food throughout the day and evenings. The Lovely Steph has posted some ideas in the Facebook event but looks like Pizza's in the day and evening meals will be available.

Grounded Coffee will be there for all your refreshment needs. Chop & Chill will be on site serving you ice cream rolls for the weekend.

Photos Race photos are expensive, so we have our own photographers and make photos available to you, free, on Facebook Last year's Larmer we took 4,000 all of them great except the one of the cow poo. This means any photos you or your supporters or fan club take can be added as well. Our pet photographer Bertie, will be on site to snap you looking your best, before, during and after the race. Our photographers will be wandering around the course taking snaps and will be at the finish should you wish to have a photo with friends and family. These snaps will then be uploaded in due course to the Facebook. By entering the race you are giving your permission to have your photo taken. If there is a pic you object (didn't get your right side, your bum looked too big etc.) please contact us and we will remove it. (Please note you must highlight the said photo we won't root through all the pics looking for it)

Medals and Goodies. Frolickers you get your amazing pig squeaky, bottle of Cranborne Chase Cider and some yummy Moores Biscuits. All of you get a quality uniquely minted race medal. You get this if you complete the race.

Massage Dave Mott will be on site Saturday from Physio Fitness offering massage and physio advice.

White Star Running shop. Will be onsite selling our own branded t-shirts, hoodies and lots of other goodies. **You can also click and collect any items from our online shop until Wed 24th July for us to pack and bring with us for you** www.whitestarclothing.co.uk

Some things to remember:

- This is deepest, darkest Dorset the nearest cashpoint will be in Blandford or Salisbury.
- Bring sunscreen and wet weather gear.
- Bring insect repellent, it should be ok on that field, just in case.
- Bring torches there are no street lights out there.

- Bring toilet paper.
- There is a shop in Six Penny Handley.
- The nearest hospital God forbid you need one is Salisbury Odstock which is about 25 minutes.

Final Warning

Mycerne Farm is someone home and is also a working farm that means there are lots of dangers for children, dogs and drunk adults. There are large farm machines to get run over by, dangerous structures to fall off, slurry pits to drown in (that's not amazing way to die), be aware. There's also blokes with shotguns.....just saying.

Do not approach the livestock. Trampled to death by 100 angry sheep is not nice

Do not let your dogs near the sheep.

Do not under any circumstances leave your kids unattended.

FAQ

Q. Can I run with my dog? A. Yes if you wish, Dogs are allowed on site at this venue in the campsite and can run with you after the first mass lap if you wish.

Q. Fancy dress is it compulsory? A. No, but you ya know we all like a big hat and MC Hammer trousers right?

Q. What's the weather going to be like?

A. One moment while we consult with the chicken bones.....dunno It might rain, it might not, it might be sunny. Bring all your clothes and every pair of running shoes you own just to be safe. And a warm vest. Look after yourself in the heat, don't run in midday heat if you don't have to and stay hydrated. Get a muff wet and put round neck or wrist to keep body cool.

Q.Is the route marked and signposted?

A.Yes

Q.Is it self supporting?

A.No we will feed you, we like well-fed runners.

Q.Can my tent go next to my mates?

A.Sort your own camping out, camp in the areas marked and you are fine.

Q.Can my car, motorbike, light aircraft, park next to my tent?

A.Yes it's a big old field..

Q.Camper vans?

A.Yes bring them, if it has shower we may want to borrow it....joke btw

Q.Headtorch why?

A. Camping and running in the dark, in the night, you know dark

Q. Do I have to enjoy myself?

A. No, it's running about in the most beautiful areas in Dorset you will hate it

Have fun on the farm but remember it's not a Fun run